

Senior Center SNAPS

HAPPY BIRTHDAY!



Get Connected with



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>

the SENIOR PIPELINE

A P R I L
2017

Get Active and Get Involved!



Document Shredding

Breakfast Club

Health Talk

Ladies Fashion Event

HVP Presents: Concert in the Park

Winstar Trip Registration Opens

*Check out the
calendar for new
events and programs!*



Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

www.hursttx.gov/hsac



SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

Hurst Residents **\$20 per year**
 \$5 day pass

Non-Residents **\$80 per year**
 \$10 day pass

Thank You!

- | | |
|------------------------------------|---------------------------------|
| • Artisan Theater | • Lexington Place |
| • Atria Hometown | • Meadowood at the Vineyards |
| • Best Donuts | • Mid-Cities Pharmacy |
| • Brown & Freeman | • Nations Insurance |
| • Busy B’s Bakery | • Parkwood |
| • Custom Fit Insurance, Mike Smith | • Reliant Rehab |
| • Donut Plaza | • Richland Hills Rehabilitation |
| • Edward Jones, Adam Davenport | • Senior Getaways |
| • F3E Foundation Financial Educ. | • Sixty&Better |
| • First Hurst Donut | • Smile Donuts |
| • Golden Outlook | • Tarrant County Public Health |
| • Heartland | • Kreigh & Carol Valkenaar |
| • Heritage Village Residences | • Visiting Angels |
| • Home Instead | • What’s Poppin Tx |
| • Keller Oaks | |

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Supervisor
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Debbie Broseh	Part-Time Attendant
Diana Conway	Part-Time Attendant
Tammy McDonald	Part-Time Attendant
Anthony Ochoco	Part-Time Attendant
Gayle Stevens	Part-Time Attendant



Pet Supply Drive
Benefitting the
Hurst
Animal Shelter
April 3—27

- High efficiency liquid laundry soap & bleach
- Liquid dish soap
- Dry/wet dog and cat food, and treats
- Non-scoopable cat litter
- Cat and dog collars of all sizes (New)
- Cat and dog toys
- Kongs
- Blankets
- Kuranda Pet Bed (To order send email to carol@kuranda.com or call [800-494-7122](tel:800-494-7122). It will be shipped to the shelter in your name.

WINSTAR CASINO **TRIP**

Wednesday
May 3
8:00 am - 6 pm



(95016E ^{45/56/bus}) It’s time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. Registration opens April 3 and will close April 28. You must sign up in advance. Please plan to arrive early for departure as the bus will leave promptly at 8 am. No refunds unless trip minimum is not met. \$25/pp. Online registration is not available for this trip. You must complete a trip release of liability form. Please see a Front Desk Attendant to make your reservation.

OPEN ACTIVITIES

Games

“42”
(Game Room)
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Acey Ducey/Backgammon
Wednesdays *(CRC)* 1:00 pm - 4:00 pm

Billiard’s Room
Open Daily
See calendar for organized games

Chicken Foot
Tue. & Fri. 1:00 *(CRC)* pm - 3:00 pm

Duplicate Bridge
(Game Room)
Tue. & Thur. 12:30 pm - 4:00 pm

Cards—Variety
Fridays *(CRA)* 1:00 pm - 6:45 pm

Canasta
Tuesdays Hand & Foot *(CRA)* 10:00am-4:00
Tuesdays *(MPN)* 2:00 pm - 5:00 pm
Wednesdays Samba *(CRC)* 10 am - 1:00 pm
Thursdays *(CRC)* 2:00 pm - 5:00 pm

Marbles & Jokers *(Lessons Available)*
Thursdays *(CRC)* 10:00 am - 12:00 pm

Mah Jongg *(Lessons Available)*
Monday *(Class Room C)* 2:00 pm - 4:00 pm
Wednesday *(Game Room)* 10:00 am - 12:00 pm

Mexican Train
Mon. & Wed. *(CRA)* 1:00 pm - 3:00 pm

Ping Pong *(Class Room A)*
Wed. & Fri. 9:00 am - 12:00 pm

Party Bridge *(Game Room)*
Tue. & Thur. 9:00 am - 12:00 pm
Fridays 10:00 am - 12:00 pm

Pinochle
Mondays *(CRA)* 8:00 am - 12:00 pm
Wednesdays *(Game Room)* 8:00 am - 12:00 pm

Scrabble
Wednesdays *(CRC)* 1:00 pm - 3:00 pm

Health & Exercise

Walking Group (14 laps make a mile!)

Work Out on Your Own
With one of our available
Exercise DVD’s
(See the front desk for room and video access.)

Choose From:
Qigong
Richard Simmons - Disco Sweat
Richard Simmons - Silver Foxes
Richard Simmons - Sweatin’ to the Oldies
Tai Chi for Beginners
Texercise
Walk Away the Pounds
Yoga for Beginners

Arts, Crafts & Misc.

Art Addicts
(Class Room B)
Mondays 9:00 am - 11:00 am
Thursdays 6:00 pm - 8:45 pm
Fridays 10:00 am - 3:00 pm

Coupon Clique
(Cafe)
Tue. & Thur. 9:00 am - 12:00 pm

Knot-a-Lot
(Studio B)
Wednesdays 1:00 pm - 4:00 pm

Quilting
(Studio B)
Tuesdays 1:00 pm - 5:00 pm

Wii Play
(Studio A)
Monday & Wednesday 4:00 pm - 6:00 pm

SOCIAL PROGRAMS

MONTHLY DANCES All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! **April 13 "Pete & Patti"** and **April 27 "Bill G Band"** sponsored by Heritage Village Residences.

POTLUCK BINGO (95002 5/75/MP) **Thursday, April 6, 6:00 pm** Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Baked Ham & Twice Baked Potato Cassarole) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES: "BROOKLYN" (95001 5/75/MPN) **Friday, April 7, 1:00 pm.** Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for **only \$3 per person.** BROOKLYN tells the profoundly moving story of Eilis Lacey, a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within. Rated PG. Please sign up in advance.

HAPPY HATTER’S MEETING (95040 1/75/offsite) **Wednesday, April 12, 10:00 am** Hostess’ of the month Derinda Peyton and Mary Wismann invite you to join this fun group of women for a trip to the Dallas Arboretum and lunch at The DeGolyer Tea Room. We will meet at the Senior Center for a brief meeting, then carpool to our destination. Admission is half price \$6 per person. Please wear your red hat, purple attire and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

BIRTHDAY PARTY (95006 6/75/MPN) **Wednesday, April 12, 2:00 pm** Let us honor you on your special day. It doesn’t have to be your birthday to attend; the party is open to all Senior Center Members. If it’s your birthday month, we won’t know if you don’t sign up! Please sign up. Sponsored by Lexington Place Nursing and Rehabilitation. **FREE!**

BREAKFAST CLUB (95015 10/50/MPN) **Thursday, April 13, 8:30 am** Wake up and get up to the Senior Center for a hearty breakfast. Fresh made waffles, sausage links, juice, and coffee. Fresh fruit sponsored by Atria Hometown. **\$3 per person.**

BINGO IN THE AFTERNOON (95058 5/75/MP) **Wednesday, April 19, 2:00 pm** Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Home Instead Senior Care. **FREE!**

WHAT'S FOR LUNCH? (95096 6/100/MPN) **Thursday, April 20, 11:30 am** Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only **\$3 per person.** This month's main menu item is "Baked Ziti & Sausage." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood Assisted Living.

SPECIAL EVENTS

NIGHT AT THE ARTISAN (95005D 30/50/Artisan Theater) The Senior Center has reserved a limited number of ***discounted*** seats for the Artisan Theater's "Buddy: The Buddy Holly Story" for Monday, May 8, 7:30 pm (doors open at 7 pm.) In 1957 a young guitar player changed the face of popular music forever. In two years’ time this young man with glasses became the world’s top recording artist. Some of the songs that became hits include “Peggy Sue”, “Rave On”, “Maybe Baby”, “La Bamba”, and “Chantilly Lace”. Don't miss this ultimate feel good show! Due to overwhelming response, complimentary tickets were not available. Discounted ticket price is \$7 (regular ticket price is \$22!) Sign up early as seats go fast. Reservations close April 14th. We encourage you to put your name on the wait list if the registration limit has been met. You must provide your own transportation to the theater. Tickets will be available for pick up on Monday, May 1.

THE AGING MASTERY PROGRAM (94035C1/50/MPS) **Fridays, March 10 through May 19, 2:00—3:30 pm.** The Aging Mastery Program® (AMP) was created by the National Council on Aging (NCOA) to develop new expectations, norms, and pathways for people aged 50 to 100. AMP helps older adults and boomers build their own playbook for aging well. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity. The program consists of 10 core classes. Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society. Classes are already underway, please check with the Front Desk for availability. **FREE!**

DOCUMENT SHREDDING **Friday, April 21, 10:00 am - 12:00 pm** Start your spring cleaning by bringing all those unwanted documents and files to the Senior Center to be shredded and securely recycled by First Shred. **FREE!**

LADIES FASHION SHOW & LUNCHEON (95045D/Lunch; 95026D/Fashion Show 20/300/MP) **Friday, April 28, 11:00 am — 1:00 PM** It’s all about the girls today! Fashion show is facilitated by Taylor Marie’s Mobile Fashions. Stacy the Jewelry Lady will be set up in the front lobby so you can shop for accessory needs. Fashion show is **FREE!** Luncheon (Appetizer; Assorted Salads; Dessert; Strawberry Lemonade) is \$5 per person and reservations must be made in advance. Lunch starts at 11:15, Fashion Show at 12:15.

HERITAGE VILLAGE PRESENTS: CONCERT IN THE PARK (Heritage Village Park) **Friday, April 28, 7:00pm** Gather up the family, a picnic dinner and blanket or lawn chairs and take in the music of the Fort Worth Youth Orchestra. **FREE!**

AARP Driver Safety Program (94049E1/20/CRC) **Tuesday, May 2, 9:00 am - 2:00 pm** Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Please note that class will be going through lunch and we offer "A Quick Bite" for \$5 per person. You must sign up for lunch separately. Space limited. Sign up at front desk. Registration for this class opens April 1st. Instructor: John Chreno.

COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

Private Computer Lessons (93005 1/1/
Comp) By Appointment Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. **\$5 for a 30 minute session.** Multiple sessions may be purchased at one time. Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

Computer Club (93035 1/16/Comp) April 10 & 24, 1:00 pm - 2:30 pm Join this informal class with a relaxed atmosphere where questions are encouraged. Learn new skills without fear; expand on what you already know; socialize with peers who share your interest in technology; and share your skills and knowledge with others. Instructor: Dave Thompson. **FREE!**

Facebook for Desktop Computers
(93041 1/16/Comp) **Wednesday, April 26,**
3:00 pm - 4:00 pm Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, blocks others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Tammy McDonald. Sign up so we know to expect you. **FREE!**

Get Your Pics (lobby) Tuesdays, April 11 & 25, 2:00 pm Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

iPad and iPhone (93042 1/16/Comp) Fridays.
April 7 - 28, 10:00 am - 11:00 am. Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. Instructor: Fannette Welton.

Windows 10 (93004 1/16/Comp) Tuesdays, 10:00 am - 11:00 am Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Free!

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program



Display Case

April is National Volunteer month. Be sure to go by the display case and see our Hurst Senior Activities Center volunteers in action! Photographs of our volunteers doing what they do will be on exhibit throughout the month of April.


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CREATIVE ARTS



 **Caring Covers** Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

"Knot-a-Lot" (Open 1/25/SB)
Wednesdays, 2:00 pm - 4:00 pm Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

Pinterest Boards & Projects (1/12/SA)
Tuesdays, 9:00 am—12:00 pm Do you have a Pinterest want to do list? Come to this class where we will share boards and project interest and select projects to do together. This first month of classes has been determined, future classes can be determined by the group. Instructor: Staff.

- **April 4 (91006)** Zinnia Pine Cones. Class Fee \$5; Supply Fee \$10.
- **April 11 (91007)** Wine bottle word art. Class fee \$5; Supply Fee \$10.
- **April 18 (91008)** Art Tree. Bring your old buttons and turn them into a work of art! Class fee \$5; Supply Fee \$8.
- **April 25 (91009)** Add some whimsy to your garden these easy to make bottle cap flowers. Bring bottle caps if you have them. Class fee \$5; Supply Fee \$8.

Floral Arranging (91050 1/8/SA) Monday, April 17, 2:30 pm. Learn to make a contemporary succulent arrangement. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Ceramics (91001 1/25/SA) Tuesdays & Thursdays, 1:00 pm - 5:00 pm. Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

Wine Bottles (91054 1/25/SA) Tuesdays & Thursdays, 1:00 pm - 5:00 pm. Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion (91092 1/10/SA) Friday, April 21, 1:00 pm Use your own materials. Participants are required to have taken the Glass Fusion Lesson class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

Empty Bowls 2018 (91003 1/15/SA)
Thursday, April 6, 9:30 am - 12:30 pm
 Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the Tarrant Area Foodbank's Empty Soup Bowls 2018.
 Instructor: Staff. \$5 per bowl.

Coloring Therapy (91018 1/25/SB)
Thursday, April 20, 10:00 am – 12:00 pm Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Sponsored by: Marie Veneralle, Golden Outlook Insurance.
FREE!

CREATIVE ARTS

Art Addicts Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Mondays, 9:00 am - 11:00 am (91002 ^{1/16/CRB})**
- **Thursdays, 6:00 pm - 8:45 pm (91004 ^{1/16/CRB})**
- **Fridays, 10:00 am - 3:00 pm (91005 ^{1/16/CRB})**

Multi-Media Painting (91101 ^{1/16/CRB})
Mondays, 12:15 pm - 4:00 pm Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

You Can Paint with Oils (91074 ^{6/15/SA})
Thursday, April 13, 9:30 am - 12:30 p.m. Painting title: “Matterhorn with Palette Knife” Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18..

Pastel Painting (91027 ^{1/16/CRB})
Thursdays, 1:00-5:00 pm. Do you have a passion for pastels? Whatever your preference: posies, puppies or portraits - come and explore the techniques with us; create vibrant full-of-life paintings. See instructor for a list of supplies. See you at the easel! Instructor: Victoria Pedersen. \$40/month.

Glass Fusion Lessons (91073 ^{1/10/CRB})
Wednesday, April 26, 9:30 am. Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instructor: Diana Conway. Class fee \$15.

Quilter’s Choice (91024 ^{1/12/SB}) **Mondays 10:00 am—1:00 pm** This month we will continue the “Courthouse Steps Table Runner & Placemats”. See instructor for project details. Instructor: Jan Cook. \$25/mo.

Quilter’s Lab (91078 ^{1/12/SB}) **Tuesdays 10:00 am—1:00 pm** Instructor assistance with your project. Instr: Jan Cook. \$25/mo.
Beginner Quilt Making (91047 ^{1/6/SB})
Wednesdays 10:00 am—1:00 pm Come learn all the basics of quilting. Small project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

Writing Group (94064 ^{1/15/CRB})
Thursdays, 10:00 am - 12:00 pm Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

Jewelry Repair (91026 ^{1/8/SA}) **Monday, April 24, 12:30 pm - 2:00 pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

HSAC Crafting (91094 ^{1/25/SA})
Wednesdays, 10:00 am—12:00 pm. Join Diana as she begins work on creating fun and easy items to be sold at the 2017 Craft & Holiday Market. Items are made from donated materials, proceeds benefit our Senior Center. Supplies are provided. **FREE!**

Bead Mania I (91048 ^{1/8/CRB}) **Tuesday, April 11, 2:30 pm.** Celebrate Easter by making a spring colored bracelet & earring set! Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

Bead Mania II (91056 ^{1/8/SA}) **Tuesday, April 25, 2:30 pm.** Create a unique crystal rainbow angel sun catcher for your window. Instructor: Diana Conway. Class fee: \$5; Supply fee \$10.

FUN & GAMES & GROUPS

Billards’ Corner Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 ^{8/12/BIL})** **1st Wednesday each month, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 ^{8/24/BIL})** **Friday, April 7, 11am-4pm \$3/pp.** Sponsor Nations Insurance Solutions.
- **Partners Pool (95086 ^{7/14/Bil})** **Wednesday, April 19, 11:00 am.** Partners to be determined. **FREE!**
- **9-Ball Singles Tournament (95029 ^{8/24/BIL})** **Friday, April 21, 11am-4pm. \$3/pp.** Sponsor: Visiting Angels.

Book Club (94078 ^{1/20/Conf}) **Monday, April 17, 3:00 pm** This month we will discuss “Delaney Sister’s First One Hundred Years” and read “Tribe” by Sebastian Junger and /or a nonfiction book of your choice. Facilitator: Elaine Wicker. **FREE!**

Texas Hold’em Tournaments

- **Tuesday, April 11, 10:00 am - 12:00 pm(94012 ^{1/40/MPN})** No frills. Just playing for fun and practice.
- **Wednesday, April 26, 2:00 - 4:00 (95007 ^{1/40/MPN})** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Spons: Mike Smith, Custom Fit Insurance.

Spanish Club (94004 ^{1/20/CRB})
Wednesdays, 11:00 am Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. Facilitator: Victoria Pederson. All are welcome! Sign up! **FREE!**

Bunco (95092 ^{5/30/MPN}) **Thursday, April 27, 3:00 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

Karaoke & Music (95035 ^{5/100/MPN}) **Mondays 2:15 pm - 4:00 pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

Learn a New Game! Please sign up so instructors can plan properly. No experience necessary. See our Open Activities for a full list of games and times.

- **Rummikub (94009 ^{1/16/CRA})** Thursdays, 1:00 pm - 3:00 pm A tile-based game for two to four players, combining elements of the card game rummy and mahjong. Instructor: Faye Branche **FREE!**
- **Mah Jongg Lessons (94065 ^{1/8/CRC&Game Room})** Mondays 2-4 & Wednesdays 10-12 This game from the Orient, was introduced to America in 1920. Played with Chinese symbols on tiles. Instr: Marie Perry **FREE!**
- **Acey Ducey Lessons (94023 ^{2/12/CRC})** Wednesdays 1:00 pm - 4 pm. Variation of Backgammon with different scoring and includes the roll of dice for extra value, strategy is the same. Instr: Ronald Bryan.

Cafe Exchange (94062 ^{1/30/SA}) **Mondays & Fridays, 10:00 am - 1:00 pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair, cup of coffee and join us! **FREE!**

Aircraft & Helicopter Science Group (95031 ^{1/16/CRB}) **Wednesday, April 5, 2:00 – 4:00 pm** Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers. Instructor: Bob Shultz

NEWCOMERS CONNECTION (94005 ^{1/15/Conf}) **Friday, April 21, 2:15 pm** Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we’ll know to expect you. **FREE!**

FITNESS/HEALTH/WELLNESS

Fitness Room Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

Fitness Orientation is offered every Monday at 1:00 pm and the 2nd & 4th Wednesday of each month at 6:00 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

Personal Training (92020; 92041; 92042) Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$35/hr.**

Chair Massage & Reflexology (PoS) Wednesdays 10:00 am - 11:00 am Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

Health Talk: Aging in Place (94056 1/25/SA) Wednesday, April 12, 1:00 pm Come learn about products, services and conveniences that are available to help you continue to live in your home of choice safely and independently. Sponsor Visiting Angels. **FREE**

Blood Pressure Checks (Front Lobby) 1st Thursday each month, 10:00-11:00 am Come by the front lobby and get your blood pressure checked. Sponsored by: Visiting Angels. **FREE!**

Fit Start I Exercise Class Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063 5/30/MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**

Fit Start II Exercise Class This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**

Zumba Gold Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for \$20 for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays. (Class cancelled 4/17.)

- **Mondays (92001 5/30/MPN)** 10:15 am - 11:00 am Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 am Instructor: Kalyn Worthey

Party Dance (92045 3/50/MP) Fridays, 11:00 am — 12:00 pm Get your heart pumping while learning a variety of dances including salsa, tango, ball room and other partner dances as well as line dances and more. *Class cancelled on April 28.* Instructor: Rosy Pritchett. **FREE!**

EDUCATION & SEMINARS

Edward Jones Presents (94040 1/24/Conf) Friday, April 7, 10:00 am. "TAX EFFICIENCY! (Tax strategies: How to avoid or lower your taxable income or taxable gains). Drawing for a prize. Adam Davenport will be available for specific questions or a free review after the class. **FREE!**

Basic Self-Defense for Seniors (95091 1/15/MPS) Tuesday, April 11 10:00 am - 11:00 am Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

Medicare Advantage(94032 5/20/Conf) Tuesday, April 18, 10:00 am - 11:00 am Learn about Medicare plan options and 2017 Medicare updates. Information on area plans will be available. Sponsored by Celia Neyra Nations Insurance Solutions. **FREE!**

Ask A Pharmacist (94087 1/16/Conf) Wednesday, April 19, 10:00 am Learn about current trending topics related to drugs, health and wellness from one of our Hurst Pharmacists. Instructor: Aemad Aslam Sponsored by Mid-Cities Pharmacy. **FREE!**

Advanced Self-Defense for Seniors (95093 1/20/MPS) Tuesday, April 25, 10:00 am - 11:30 This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, April 19, 2:00 - 4:00 pm. Bob Shultz will present Erasmo Pinero's "Jet Tipped Helicopters". Erasmo pointed out the development of Germany Jet Tipped Helicopters during the 1930s up to 1950s. In addition this will include the French, Russians, and USA building Jet Tipped Helicopters in all sizes with jet engines and ram jet tipped engines. **FREE!**

Texas Cardiac Care (94066 1/16/Conf) Tuesday, April 11, 11:00 am Join Coco Holmon, LVN for a discussion on home health, strokes, healthy eating and exercise. Door prize drawing and more. **FREE!**

Health for Me (94071 8/25/SA) Thursdays, April 6 - May 11, 10:00 am - 12:30 pm Take control of your health! Learn better ways to live with chronic conditions and get insights on how to better take care of someone who has a chronic disease. Must commit to attending all 6 classes. Sponsor: Tarrant County Health. **FREE!**

- Live better with high blood pressure, heart disease, diabetes, arthritis and others.
- Develop skills to cope with your condition
- Improve energy levels and reduce pain

Essential Oil Workshop (94082 1/25/SA) Monday, April 10, 1:00 pm "Oils of the Bible" Essential Oils are referenced throughout scripture, learn how the ancient people utilized essential oils in their everyday lives. Instructor: Patricia Maniscalco/Jackye Pritchett. \$5 Supply Fee due to instructor.

F3E: Annuities - Common Mistakes to Avoid with Social Security (94001 1/16/Conference) Tuesday, April 18, 1:00 pm Social security is a constantly evolving system. It's gone through a lot of adjustments since its creation, and things that you think are settled may have changed. Join us as we discuss the common social security mistakes that people make, and show you how to avoid them.

- Impact of continuing to work on benefits
- Required Minimum Distributions
- Social security and the tax torpedo
- When can you switch between benefits
- It's not just 62, FRA, or 70
- Understanding all of the types of benefits
- How taking benefits early can cost you

Fulfilling the Feasts of Israel (94074 3/14/Conf) Wednesday, April 12 & 26, 10:00 am—11:00 am The Jewish people have celebrated the seven Jewish feasts, in one form or another, for 3,500 years. Velda Stearn has done extensive research and study and has compiled it in her recent book "Fulfilling the Feasts of Israel." Join her as she guides you through a study of the Feasts and a better understanding of their significance. Book can be purchased from instructor Velda Stearn for \$15. Class meets on 2nd & 4th Wednesday each month through May. **FREE!**

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 ^{3/15/HVR}) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 ^{3/15/HVR}) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 ^{3/15/HVR}) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 ^{3/15/HVR}) \$5/month**

Purchase a 5 class Punch Card (92075 & 92076) for \$20. Choose your day and time. Come when it’s convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.

WATER WELLNESS If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 10:05 am - 10:45 am (92071 ^{3/15/HVR})**
- **Thursdays, 10:05 am - 10:45 am (92072 ^{3/15/HVR})**

WORK IT IN WATER Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 ^{3/15/HVR})**
- **Thursdays, 11:05 am - 11:45 am (92074 ^{3/15/HVR})**

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

FITNESS/HEALTH/WELLNESS

Tai Chi (92049 ^{3/20/MPN}) Wed. 9:00 am - 10:00 am Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

Line Dancing Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginners Line Dance (92054 ^{5/50/MP})** Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055 ^{5/50/MP})** Thursdays, 1:45 pm - 2:30 pm

Ageless Grace (92007 ^{5/30/MPS}) Thursdays, 10:30 am - 11:15 am Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are \$2.50 each (\$10/4 classes), payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details.

Strengthen On Your Mat (92061 ^{5/30/MPS}) Fridays 10:00 am - 11:00 am. Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. *Class cancelled on April 28.* Instructor: Rosy Pritchett **\$5.00/2 classes**

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 ^{3/25/MPS}) Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.

Tuesdays (92053 ^{3/30/MPS}) 3:45 - 4:45 pm Instr: Debbie Melchiorre/MVarley. **FREE!**

Thursdays (92046 ^{3/30/MPS}) 3:45 - 4:45 pm Instr: Rosy Pritchett. **\$10/4 classes**

- **Gentle Yoga (92052 ^{3/15/MPS}) Mondays, 1:00pm - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month.
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS}) Wednesday, April 5, 3:00-4:30 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Fitness Orientation (92027) 1:00 Gentle Yoga 2:00 Learn MahJongg 2:15 Karaoke & Music 5:00 Fit Start I	9:00 Fit Start I 9:00 Pinterest Projects 10:00 Windows 10 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:00 Learn MahJongg 10:00 Chair Massage & Reflexology 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Acey Ducey Lessons 2:00 Ladies Powder Puff Pool 3:00 Relax, Renew, Restore 2:00 Aircraft & Helicopter 5:00 Fit Start I	9:00 Fit Start I 9:30 Empty Bowls 2018 10:00 Writing Group 10:00 Blood Pressure Check 10:00 Health for Me 10:30 Ageless Grace 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:00 Learn Rummikub 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 6:00 Potluck Bingo	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Edward Jones Presents 10:00 Art Addicts 11:00 8-Ball Singles Tournament 11:00 Party Dance 1:00 Movies and Munchies 2:00 Aging Mastery Program
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Computer Club 1:00 Fitness Orientation (92028) 1:00 Essential Oil Workshop 2:00 Learn MahJongg 2:15 Karaoke & Music 5:00 Fit Start I	9:00 Fit Start I 9:00 Pinterest Projects 10:00 Windows 10 10:00 Basic Self Defense 10:00 Quilter's Lab 10:00Texas Hold'em Tournament 11:00 Texas Cardiac Care 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Hatha Yoga 2:30 Bead Mania I 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Happy Hatters 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:00 Fulfilling Feasts of Israel 10:00 Learn MahJongg 10:00 Chair Massage & Reflexology 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Health Talk 1:00 Acey Ducey Lessons 2:00 Birthday Party 5:00 Fit Start I 6:00 Fitness Orientation (92025)	8:30 Breakfast Club 9:00 Fit Start I 9:30 You Can Paint w/Oils 10:00 Health for Me 10:00 Writing Group 10:30 Ageless Grace 1:00 Pastel Painting 1:00 Ceramics & Wine Bottles 1:00 Learn Rummikub 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 7:00 Dance –Pete & Patti	Senior Center Closed For Holiday
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92029) 2:00 Learn MahJongg 2:15 Karaoke & Music 2:30 Floral Arranging 3:00 Book Club 5:00 Fit Start I	9:00 Fit Start I 9:00 Pinterest Projects 10:00 Windows 10 10:00 Medicare Advantage 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles 1:00 F3E: Annuity & Social Secur. 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:00 Learn MahJongg 10:00 Ask a Pharmacist 10:15 ZUMBA Gold 10:00 Chair Massage & Reflexology 11:00 Partners Pool 11:00 Spanish Club 1:00 Acey Ducey Lessons 2:00 Bingo In The Afternoon 2:00 History of Aviation 5:00 Fit Start I	9:00 Fit Start I 10:00 Writing Group 10:00 Coloring Therapy 10:00 Health for Me 10:30 Ageless Grace 11:30 What's for Lunch 1:00 Ceramics & Wine Bottles 1:00 Learn Rummikub 1:00 Beg. Line Dancing 1:00 Pastel Painting 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Party Dance 11:00 9-Ball Singles Tournament 1:00 Glass Fusion (Open) 2:00 Aging Mastery Program 2:15 Newcomers Connection Document Shredding 10:00 am –12:00 pm
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Computer Club 1:00 Fitness Orientation (92030) 12:30 Jewelry Repair 2:00 Learn MahJongg 2:15 Karaoke & Music 5:00 Fit Start I	9:00 Fit Start I 9:00 Pinterest Projects 10:00 Advanced Self Defense 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania II 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 9:30 Glass Fusion Lessons 10:00 Fulfilling Feasts of Israel 10:00 Learn MahJongg 11:00 Facebook for Desktop 10:00 HSAC Crafting 10:00 Chair Massage & Reflexology 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Acey Ducey Lessons 2:00 Texas Hold'em Tournament 5:00 Fit Start I 6:00 Fitness Orientation (92026)	9:00 Fit Start I 10:00 Writing Group 10:00 Health for Me 10:30 Ageless Grace 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 1:00 Learn Rummikub 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:00 Bunco 3:45 Chair Yoga 6:00 Art Addicts 7:00 Dance - Bill G Band	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Party Dance Ladies Fashion Show & Luncheon 11:00 am–1:00 pm 2:00 Aging Mastery Program 7:00 HVP: Concert in the Park

“A Quick Bite” Tuesdays at Noon Only \$5

You choose your main entrée..
All meals come with a cup of
soup, drink, and a dessert.
See front desk for menu.

Place your order and pay at the
front desk by 10 am on Tuesday.
Pick up orders noon to 12:30 pm.

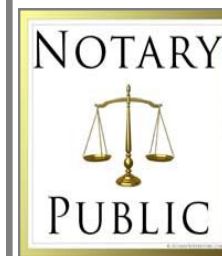
Upcoming Entrée Menu

April 4: Baked Potato

April 11: Parmesan Chicken

April 18: Mexican Lasagna

April 25: Chicken & Biscuits



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

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